

## A CLINICAL STUDY REGARDING THE IMPROVEMENT OF SYMPTOMS AND THE TIME EFFICACY OF TREATMENTS PERFORMED IN BĂILE TUȘNAD BALNEOCLIMATIC RESORT

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### Abstract

**Introduction:** Băile Tușnad balneoclimatic resort is situated in the south of the Ciuc depression, at an altitude of 625-655 m. The natural therapeutic factors used at the S.C. Tușnad S.A. treatment facility are hypotonic carbonated mineral waters containing sodium chloride, calcium, magnesium, iron, carbon dioxide, with a total mineral content of 0.68-17.86 g/L, which are traditionally used for their vasodilator effects in the prevention, therapy and rehabilitation of cardiovascular patients, as well as mofettes and a relaxing sedative bioclimate. Although treatments have been performed for at least 5 decades in this resort, so far there are no data regarding the time effects of these medical rehabilitation treatments and procedures carried out in Tușnad resort.

**Material and method:** Therefore, the aim of this study was to investigate the patients' perception of their quality and efficacy, especially since many patients come here once or even twice a year for treatment. Thus, in the period October-December 2017, a study was conducted at S.C. Tușnad S.A. which included 394 subjects, patients of the treatment facility. These were aged between 39 and 87 years. The geographical distribution of the patients spanned the entire territory of Romania, with the predominance of Harghita, Covasna and Mureș counties, and in terms of the living environment, 43.91% of patients lived in rural areas and 56.09% lived in urban areas. Before treatment, the patients were evaluated by a questionnaire specially designed to investigate various clinical data regarding the efficacy of treatments in the resort.

**Results:** The answers of patients who visited the resort regularly (once and/or twice a year) showed the fact that the most important clinical symptom that improved was pain (61.29%), followed by quality of life (23.66%), but there was also an improvement in the quality of gait and an increase in the walking distance (10.22%).

**Conclusions:** The time period required to perceive the effect of treatment was two weeks for the majority of the analyzed persons (47.31%). Over 60% of the questioned patients indicated a period of about 6 months after the completion of treatment during which they felt better and the intensity of pain was tolerable.